



# the Link

student newspaper

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2007

Also in this issue:  
Planning key to managing student debt

p.3

Barry Bonds: Home run hero or drugged out villain?

p.12

## Summer movie meltdown

The good the bad and the KristenDunst in this complete review that is so big it graces four pages!

By Tom Laird  
Link Staff

It's everyone's favorite season. Warm weather, sun shining, daylight that lasts forever, and endless opportunities to go golfing, hiking, or head over to the beach for some swimming and tanning. Or perhaps you like the exact opposite. Well, then you can always head over to a dank, cold, dark theatre and escape reality and natural light. That's right. The summer movie schedule means blockbusters around every corner. And no, I don't mean the video stores - even though it does seem like those are actually around every corner.

This year's blockbuster season was completely saturated with unoriginality, and I'm pretty sure this will go down as the summer of the trilogies. Six big money films, that just happened to be the third installments of their respected franchises, and only one of them that was a good movie. Sadly, Michael Bay made a film that kicked almost all of their asses. Wow. I never thought I'd say that, especially after **Pearl Harbour**. Or **The Island**. Or... well, I'll just stop there. This could go on for a while.

So! Here we go; it's time for the summer movies to get theirs. Regardless of the good, decent, or terrible, they're all here.

*Movies I was pleasantly surprised with:*

**Transformers**  
7.5/10

Okay. I'd been excited to see this movie for a while, ever since I heard that they were going to make a live-action version. I was always a fan as a kid, never too hardcore though, was just cool mostly to see robots that changed into crazy asskickers.

This movie was really good. It had everything. A plotline. A story. Hold up. Wait right there. The biggest complaint I'd heard about this movie is that the story is a little weak. I'm gonna go out on a limb and say that it's probably

*continued on page 6*



# Student concerns not top-of-mind for federal Conservatives, say observers

By Nick Taylor-Vaisey  
CUP Ottawa Bureau Chief

OTTAWA (CUP) – The Conservative government is poised to unveil their renewed agenda for the fall, but observers say students shouldn't expect their issues to resonate with the feds.

Nelson Wiseman, an expert in Canadian politics and public policy at the University of Toronto, said that the sphere of concern about post-secondary issues lies largely with students and their parents.

"It means a lot to people that are directly involved," he said. "It's not a top-of-the-mind issue, generally, for the public."

Wiseman said education is traditionally low on the federal government's agenda, largely because the provinces develop their own policy.

"[Education is] much more on the provincial public policy agenda, because it's under provincial jurisdiction. Things like tuition, which concern student organizations, are wholly provincial," he said.

"At the federal level, it's a funding matter in terms of transfer payments for post-secondary education."

Mario Canseco, the director of global studies at polling firm Angus Reid Strategies, said Prime Minister Stephen Harper would be wise to appeal to post-secondary issues, because it could pay off at the polls.

"When you're dealing with the 18–34 demographic, the young voters, it is usually split three ways between the NDP, the Liberals, and the Conservatives," he said. "And one way that they could actually try to get those voters in their fold, to vote for the Tories, is to discuss the issue and maybe offer some sort of arrangement."

David Robinson, associate executive director of the Canadian Association of University Teachers, said the federal government would likely focus its energy on other issues, despite an awareness of post-secondary issues.

"We have a government in power right now that is trying to court as many votes as possible in Quebec ... and is very sensitive in dealing with

issues that might be interpreted to be solely in the jurisdiction of the provinces," said Robinson.

As a result of a lack of visibility with federal politicians, pollsters have paid less attention to post-secondary issues in their public surveys. Canseco said that because of the Air India inquiry, Robert Pickton trial, and events in Afghanistan, other topics have taken precedence.

"We haven't really done anything in the past few months on [students' issues]," he said. This is something that we do want to get into later down the road ... we just haven't had time for it."

Robinson said that while students aren't on the federal radar, the general public is more concerned about post-secondary issues.

"It is not as sexy as the environment or health care right now, but it's certainly in the top five of what people and most polls indicate are things we need to move on," he said. "As more and more baby boomers are sending their kids off to university, they suddenly have to write far bigger cheques than what they anticipated."

Iona Dougherty, executive director of youth-engagement project Apathy is Boring, had a much simpler explanation for the lack of youth issues on the federal agenda.

"If you don't vote, you don't matter. And because we feel like we don't matter, we don't vote," she said. "I feel as though there is a lot of work that needs to be done on the side of people that are in power — the politicians — to really start reaching out to young people."

In a post-budget poll released last March by Angus Reid, 36 per cent of Canadians were dissatisfied with the attention paid to "assisting Canadian students with their debt load". The Maritimes were most critical of the budget, with 44 per cent reporting dissatisfaction. Albertan respondents supported the government the most; only 28 per cent thought the budget didn't address students' concerns.

On Sept. 4, Harper prorogued Parliament, ending the first session of his mandate. All government legislation



Canada's Conservatives, on the whole, are not concerned with student issues as most are addressed at the provincial level.

died on the order paper, and a Speech from the Throne will launch the Conservatives' new agenda on Oct. 16.

In the mean time, Canada Student Loans is quietly asking for public input on how the federal student loans program might be reformed. Interested students can fill out the form on the Human Resources and Development website until Sept. 28.

theLink

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Don't rely on luck  
Planning key to managing student debt

By Brent Shearer  
Link Staff

For some students, graduating without a mountain of debt is plain luck, according to Connie Gibbs, Client Operations Coordinator at BCIT's Student Financial Aid and Awards department.

Students who can live at home while going to school are able to focus more on saving for tuition, Gibbs said.

"Their costs are lower because they're getting help from the family and they're not having to relocate so they don't have the cost of living away and moving - so for some of those students who graduate debt free, a lot of it is just luck. They are in circumstances that they are very lucky."

A common problem Gibbs sees is students who don't have enough money in their savings accounts when they begin school.

"Many are hoping that somehow student aid will pay off everything or might be hoping that they can work

part time and then they get into their program and they realize what a killer it is and that they can't work part time without their studies really suffering."

Ultimately, Gibbs says many students wind up in debt because of poor planning.

"A lot of times people are learning personal finance skills when they're in school and the most important thing is knowing where your money is going - in the pub, entertainment, or on clothes - and then making a decision about if that's what you want to do even if it means you won't have any cash at the end of the month."

In addition to good fiscal management, Gibbs suggests keeping an eye out for awards and bursaries available throughout the year from different organizations.

Websites such as [www.studentawards.com](http://www.studentawards.com) makes it easier to find awards by matching student profiles with potentially free cash. In many cases volunteer work, ethnic background, or field of study play a role in deter-



Connie Gibbs displays the new Student Financial Aid and Awards quick information package, available to students now.

mining who gets the award.

If students do run into money trouble, Gibbs says they should make an

appointment with her department to discuss how to get back on track.



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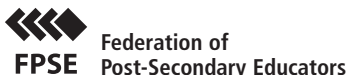
"The BC government's proposed changes to our post-secondary education system don't add up. Students won't get access to the skills and knowledge they need to get ahead because the government's Campus 2020 Plan fails to fix the key problems of affordability and access. Our students deserve better. Their futures depend on it."

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Biofuels not necessarily all that green



Vol. 9, No. 31  
**Science Matters**  
 By David Suzuki  
 With Faisal Moola

Earlier this year, when I crossed our great country to talk to Canadians about environmental issues, some media pundits took issue with our vehicle of choice – a diesel bus. Even when I explained that diesel actually has a lower carbon footprint than gasoline, some of them immediately shot back with – then why isn't it biodiesel?

In truth, we had actually wanted to showcase an alternative fuel like biodiesel, we just couldn't find a leasing agent who could get us an appropriate vehicle. But from the very beginning we were also nervous about highlighting something that might be more of a problem than a solution.

Turns out, we were probably right. According to a recent analysis published in the journal *Science*, attempting to save the planet by wholesale switching to biofuels like ethanol and biodiesel may unintentionally have the opposite effect.

Proponents of biofuels, which are often made from plants such as corn or sugar cane, often point to their many advantages over fossil fuels like gasoline. Biofuels are less toxic or non-toxic in comparison to fossil fuels. They are a renewable resource, whereas once fossil fuels are gone, they're gone. And biofuels can be grown just about anywhere you can grow crops, reducing the need for giant pipelines or oil tankers, and potentially helping to reduce conflicts in areas like the Middle East.

So far so good. But things start to get complicated when you look more closely. Much has already been debated about the energy requirements to produce some biofuels, especially corn-based ethanol. Ethanol made from corn only contains marginally more energy than what is needed to produce it. In fact, we use about a litre's worth of fos-

sil fuels to grow, harvest, process, and transport a litre of corn-based ethanol. Many people argue that making corn-based ethanol is more of an agricultural subsidy for farmers than it is a sound environmental policy.

Things get even dodgier for biofuels when you look at the land area that would be needed to grow fuel crops. We use a lot of fossil fuels. Switching to biofuels would not reduce the demand for fuel, just change the way we get it. And that would require a lot of land. In fact, substituting just 10 per cent of fossil fuels to biofuels for all our vehicles would require about 40 per cent of the entire cropland in Europe and North America. That is simply not sustainable.

Of course, reducing the amount of fuel we use, no matter what the type, is very important. But the authors of the recent article in *Science* say that if our primary motive in switching to biofuels is to reduce global warming, then we have to look at all our options for the land that would be needed to grow fuel crops.

The authors conclude: "If the prime object of policy on biofuels is mitigation of carbon dioxide-driven global warming, policy-makers may be better advised in the short term (30 years or so) to focus on increasing the efficiency of fossil fuel use, to conserve the existing forests and savannahs, and to restore natural forest and grassland habitats on cropland that is not needed for food."

In other words, biofuels alone are not the quick-fix answer to global warming. In fact, strong legislated policies to improve the efficiency of our cars, homes and industries is a much more effective strategy. In the longer term, biofuels may certainly play an important role. Some technologies, like cellulosic ethanol, which is made from woody debris, are very promising and they need to be supported by government and industry now, so they can be available on a larger scale in the coming years. Biofuels have many advantages, but we have to look at all our options and make sure we make the best choices to ensure a more sustainable future.

*Take the Nature Challenge and learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).*



*Biofuels, like those made from corn or sugar cane, may not be the answer we're looking for.*



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**Executive check-in**

Hi Everyone,

The end of September brings us to the second half of Shinerama. As you might already know Shinerama is a fundraiser to support the Canadian Cystic Fibrosis Foundation and their effort to find cure or an effective control for cystic fibrosis.

Here at BCIT Shinerama is a not just a fundraiser it's a FUNdraiser, where students have a lot of fun supporting a good cause.

The upcoming Shinerama events include:

September 19  
**BBQ** (Court yard btw buildings SE2, SE6 and SE8) from 11:30am to 1:30p

**Car wash** (Campus Square) from 12:30pm to 3:00pm

September 26  
**The Amazing Race with BBQ** (Sports Fields) all day event

After the amazing Race everyone is invited to Wrap-up party in Professor Mugs Pub & Grill to share your emotions, review

the best moments of the race and reward the winners.

**Golf Tournament** (Musqueam Golf and Learning Academy)

To make Shinerama a success we need you help conduct some of our events.

For instance we need 100 volunteers to organize the Amazing Race (including positions for set-up, take-down, and timers, marshals, and face painters (previous experience required). We are also looking for volunteers to conduct the Car wash and BBQ's.

All volunteers get a t-shirt, an acknowledgment letter signed by BCITSA President, refreshments throughout their shifts and a nice social with prizes when Shinerama is over.

Come and join us for Shinerama Campaign and meet new people, have a great time, and support a good cause!

To find more information on Shinerama please visit [www.bcitsa.ca](http://www.bcitsa.ca) or contact Irina Osipova, VP PR & Marketing at [vppr@bcitsa.ca](mailto:vppr@bcitsa.ca) or 778.233.6537.

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tough to make a genuinely good storyline about similar-looking alien robots - some of whom are out to destroy and enslave us, others that wish to save us. So back off haters, I thought the story was pretty decent for that reason.

Back to it. It had kickass CGI (the way they showed the robots transforming was wicked), a sweet car, and a lot of humour. The scene where Sam's parents have come into his bedroom while the Autobots are outside on the lawn was priceless. A few of the characters were less than great (see: extremely hot Australian scientist who is inexplicably working for the US department of defence [who just happened to figure out exactly what the problem was on her first guess]), but on the whole, it was well done. And it was awesome that they used the original voice of Optimus Prime. Good touch.

I wonder how much Chevrolet paid to get their cars into the film? I'm guessing, at least 20 bucks. Give or take 6 zeroes. Besides the ridiculous product placement, I really couldn't find much wrong with this film. It developed nicely, and once the Decepticons and Autobots really got into it, it got even better. All in all, a damn fine summer movie.

**Live Free or Die Hard**  
7.5/10

Hello. I'm a Mac. No wait; I'm a computer hacking genius with the only key to victory against some crazy cyber-terrorists. Oh no, it's just Justin Long. Did I mention Bruce Willis yet? Damn. Guess I better get on that. I've always been happy with the Die Hard franchise. It's a little cheesy at times, but that's okay. Movies are all about suspending beliefs right?

Here's John, a New York City detective. John McClane has a rough family life, his kids don't really talk to him, he's divorced, and he's most likely a work-a-holic. Poor guy. Doesn't really seem like the type of guy you wanna piss off, right? Exactly right. Which is what poor Thomas Gabriel (Timothy Olyphant) does. He hacks the government, and shuts everything down. He tries to kill Justin Long's character, whom just by chance, Mr. McClane was sent to escort to Washington. This pisses John off, and John takes it upon himself to single-handedly take down his terrorist cell. If only there were a few more John McClanes out

there, he probably wouldn't have to do so much himself, and be able to spend more time with his kids. Luckily though, John's daughter gets kidnapped, so he's able to see and talk to her more.

This movie was entertaining and fun. The action was good, and the comic relief provided by Justin Long (and Kevin Smith to a limited extent) was timely. Sure, there were a few times where I just had to roll my eyes at the stunt that they've dreamed up, but that's okay. Especially the one where Bruce, to quote Justin Long's character, "killed a helicopter with a car."

All in all, it was pretty damn good. The story wasn't the greatest, but it's hard to make a high-tech story really connect with people. So in that respect, this movie was really easy to understand, which made it more accessible. Bruce kicks ass the whole movie, even against Maggie Q's incredibly hard to kill character. And really, Bruce Willis kicking ass can pretty much sell anything. Including me. A fun romp with gunplay and some funny lines. Sold.

*It's (disappointing) trilogy time...*



**Spiderman 3**  
1/10

My god. What were you thinking? I mean. Jesus. It was awful. The movie was terrible, the acting and the characters were still as poor as always, and there was even one character that was totally unnecessary - Sandman. I like Sandman, I think he's kind of a cool character. Honestly though, this would have been the same movie without this character in it. He didn't add anything to the flick, and he grew way too big. One minute he can't pick up the locket with his daughter's picture in it, next minute, he's like 80 stories tall. Come on. That seems a little quick to master your sand powers.

And Toby, I'm still shaking my head man. I can't stand Kirsten Dunst at the best of times, and in this role she's even worse. What's worse than bad? Terrible. (From now on, I'm going to replace the word "terrible" with its new synonym, "KirstenDunst").

James Franco is cool, but they totally made his character weak. The ol' 'convenient amnesia' plot. How... convenient.

Anyways, for a movie that had some promise (i.e.: Venom), this film sorely disappointed. Venom was in it for like five minutes. And the whole 'Spidey getting angry' thing turned out to be putting his hair in his eyes and wearing eyeliner. Emo-Spidey was KirstenDunst. Speaking of KirstenDunst, what was with the fucking dance number? I get it; it's supposed to be campy. Waaaayyy too much though. I actually said out-loud in the theatre, "this is the worst thing I've ever seen" during his solo dance and awful rendition of "Fever" in the bar. Gawd damn. So very KirstenDunst.

Oh, and I'd hate to forget the CGI'd American flag that Spidey paused next to in the first 10 minutes. That ranks as my cinematic low-point of all year, if not all time. It was one of the weakest things I've ever seen, and it really set the table for this KirstenDunst film. Don't see this movie unless the studio is going to pay you 12 dollars, and better yet, make them pay you 24, cause I'd like my 12 back. KirstenDunst, simply KirstenDunst.

**Ocean's Thirteen, Shrek the Third, and Rush Hour 3**  
2/10

*Question.*  
Tom, why are all 3 of these movies under the same heading?

*Answer.*  
Easy. I had no desire to see them, even though these movies had good first films. **Shrek** is an awesome movie. It's funny and original. **Ocean's Eleven** was witty and had a nice twist. **Rush Hour** was decent buddy cop movie, and Chris Tucker was actually funny for a change. Him and Jackie Chan were a good team.

*Question.*  
If that's the case, why didn't you see these third films?

*Answer.*  
The second movies in every single one of these franchises were *KirstenDunst*. (Yeah, that's right. I'm keeping it going). I wasted money on **Shrek II** and **Ocean's Twelve** - thankfully I waited to see **Rush Hour II** until it was played over an entire weekend on TBS. Tired jokes and stale characters means I don't really want to watch any more.

*Question.*

Why did you see **Spiderman 3** then?

*Answer.*  
Because **Spiderman 2** was better than the first, and I was very lured by Venom, whereas the sequels for these three movies paled in comparison.

*Question.*  
What don't you do? Do they pull the heist off? What happens with Shrek and Fiona?

*Answer.*  
Being as **Rush Hour III** is set in France, I would guess you never touch a Frenchman's radio. Get it? I predicted the joke. Yes, Danny Ocean and his crew get away Scot free, although for a time it doesn't look good. Shrek and Fiona encounter a problem, and overcome it realizing that being yourself is the best thing. There! Now you don't need to see any of them. I totally just saved you like 15 bucks in rental fees. You can thank me later.



**Pirates of the Caribbean 3: At World's End**  
4/10

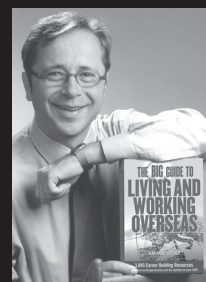
Here's the good parts of **Pirates 3**, listed in order of goodness. Johnny Depp.

Oh, were you waiting for more? Sorry to disappoint, but that's pretty much all of the good that came out of this third movie. This franchise took a nose-dive after the original, as is common for sequels. I was really hoping that they would be able to salvage it, especially after the entire second movie was just set-up for this one and because I really enjoy the first movie. Alas, the pirates walked the plank (chalk one up

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for clichés).

Captain Jack Sparrow was once again awesome and fun to watch, especially when there was a whole bunch of him. Just don't take his peanut and you'll be okay. Really, he steals the show. The movie is watchable – but only because of Johnny. And the end of the movie, when his compass points to his rum and he's once again in his little dinghy (if you recall, that's how the franchise began) seemed like a fitting end.

Orlando Bloom and Keira Knightley didn't really add anything to the movie, save for the eye-rolling impromptu wedding aboard the ship in the midst of an epic (but not really very epic, it was kind of boring) fight scene. Keith Richards was totally unneeded, and I felt like whoever wrote this script was just trying too hard, and not going back to what made this franchise successful in the beginning. Plus, the movie was insanely long, almost **'Return of the King'** long (except that was a good movie).

Anyway... if you really liked Pirates 1 and 2, you might like this one. I kinda felt like my 12 bucks was swindled again. But any Johnny is better than Toby, so I'm not feeling completely ripped off.

*Movies that weren't bad, but weren't that good either*



**The Simpsons Movie**  
5.5/10

I was really hoping this movie was going to be good. The show has been in such a tail slide lately, it's hard to watch sometimes (which is why I mostly avoid the new episodes). It's not witty any more, it's just Homer being even stupider. Oh well. They need to get back to the glory days, especially when Conan O'Brien was writing on the show. Brilliant.

Oh? The movie? Righto, I guess I could talk about that. The movie itself was not bad. But that's it. There were some funny lines, especially the one Ralph has. Gotta love that kid. But the story was just too stupid in my mind. I know they've got to do something epic in order to try and make the movie stand out. And the destruction of Springfield is

about as epic as it gets I guess. And they did play on the whole global warming/pollution aspect which seems to be all the rage right now, so I guess that played a role in the story. But it was still ridiculous.

Let's lay it out. Lake Springfield is horribly polluted (yes, yes, we know, there was that three-eyed fish after all). Lisa complains. The denizens of Springfield actually listen. (right away, this is your first red flag. No one ever listens to Lisa.) They stop polluting the lake. Bart realizes Homer is a bad father (what was his first clue?) and chums up with the Flanders flock. While all of this is going on, Homer has gotten a pet pig and collects the pig crap in a silo. Then he dumps the silo into the lake, triggering a catastrophic reaction. Springfield is doomed, and they get sealed in a giant dome.

What a stupid story.

Biodome was so ahead of it's time. And no one in America happens to notice that Springfield has disappeared off the map. \*snore\* Of course, Homer saves the day and is the hero.

The animation is a step up from the show, and it was mildly entertaining. I only paid 8 bucks for this one, so maybe that's lessening my harshness on it.

*Movies that totally rocked my socks off*

**Knocked Up**  
9.5/10

This movie was awesome. The only thing that made this movie similar to anything I've discussed before was the idea has been done before – but this was done really, really well. Meet Ben (Seth Rogen), your lovable, aimless stoner friend. We all know that person. Meet Alison (Katherine Heigl), a career driven woman who forgets to have a social life most of the time. Ben manages to hook up with the uber-hot Alison, and the result is a bun in the oven. The two go through some rough patches, but in the end they come together for their baby when it matters (when Alison's in labour).

I know what you're thinking. Tom, you're right. I've heard this story before. Well! If you think you can get by without this movie, you're just dead wrong. It's hilarious and heartfelt. Ben's housemates – who are all trying to launch a porn website that deals exclusively with celebrity nudity in film – really bring out

the comedic aspect of this movie. They do nothing but watch movies and record when starlets take off their shirts.

The relationship that develops between Ben and Alison is the real meat of this movie, and it's something that you can really sink your teeth into. They hook up, and after their one night stand they don't see each other until Alison calls Ben for a get together like eight weeks later. They slowly get to know each other and you can really see them connecting. Of course, they have a minor setback, but as I said before, Ben and Alison realize they're meant to be when the baby is ready to show up.

Much like any other of Judd Apatow's recent efforts, the story is very well written, and this movie appeals to everyone. It's a romantic comedy that everyone likes and it's entertaining the entire way through. Seth Rogen really establishes himself as a credible actor in this movie, and Katherine Heigl is really good

as well. Kristen Wiig from SNL has an awesome cameo, and she totally steals the few scenes that she's in. All in all, it kicks ass. Go rent it when it comes out.



**The Bourne Ultimatum**  
10/10

Before I went to go see this movie, I was playing poker with some friends. My buddy Jared said that this was "pretty much the best movie ever." And he's pretty much right. **The Bourne Ultimatum** is a well thought out action movie, and as a sequel it managed to raise the bar even higher than the previous two movies had set it. That's right people! It's the one summer trilogy movie that didn't suck! (Insert applause here).

Jason Bourne (Matt Damon, in case anyone was wondering) is

starting to remember his past, and this isn't good news for the CIA. They're out to get Bourne, still thinking he's a threat to national security. Of course, the only one who knows what Bourne is really after is Agent Pamela Landy (Joan Allen). Bourne just wants to know about his past.

You've gotta feel for the guy, I mean, here he is, a super assassin, and he doesn't even know where he's from or what his real name is. As far as the action aspect of the movie, it's unrelenting and awesome. I heard someone use this analogy. "It was kind of like Terminator 3, a constant chase scene. Except this movie was good."

And it's totally true. Bourne and the CIA are always going to the same places; Bourne is trying to talk to the people that the CIA is trying to kill. The scene when Bourne is helping the British journalist at Waterloo station is wicked. He's navigating the CIA agents and any other poten-

*continued on page 16*

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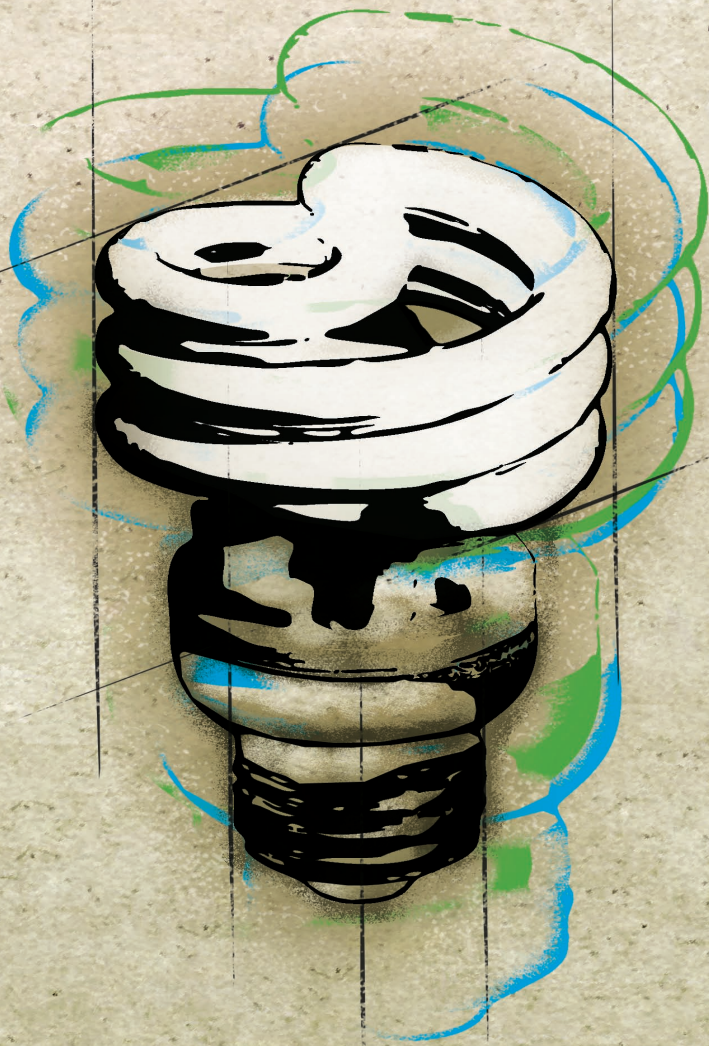
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**Dear Sex Doc;**

I'm a 22-year-old heterosexual male who needs some help with my sex life. My girlfriend and I have good sex, but I want us to have amazing sex. How can we make this happen?

*Not Quite Satisfied @ UBCO*

**Dear Not Quite Satisfied @ UBCO;**

There are many ways to ensure you have a primo sex life, but the first thing you don't want to do is put too much pressure on you and your partner to be sexual dynamos. That might just cause your dick to mysteriously go on strike and cause your girl's vagina to shrivel up due to lack of arousal.

The first thing you and your woman need to do is to be comfortable in your own bodies. It's really tough to have earth-shattering sex when you're worried about your fat ass, extra roll, or itty-bitty genitals.

Remember Not Quite Satisfied, we are all unique and beautiful whether short or tall, skinny or heavy, or whether or not we fit Hollywood's mold of beautiful. Because most of us will never be Hollywood.

It is really difficult for people to let go and get down and dirty if they have body image issues. Though this is an issue that is more common for women it still affects some men. If we are always sucking in our tummy during sex it's gonna be pretty tough to rattle one off.

Besides being okay with our bodies, people need to be comfortable with sex in general to have rock'em sock'em sex. You'll each need to do some sexual soul searching to improve your overall sexual self-esteem.

Not Quite Satisfied, you can accomplish this by putting some effort into your sex life. You and your partner can read sex books or you could play games like "Embrace" or "Pillow Talk," which are designed to do this very thing.

The next thing you'll want to do to have Guinness™ world record sex is to learn as a couple to communicate your sexual likes and dislikes. Not Quite Satisfied, if you can't tell your girl you want to play helicopter without being embarrassed, your bedroom activities will remain stagnant. Research shows that if you and your lady can tell each other how you wanna rock their genitals your sex lives will improve.

Couples who report having great sex say they switch up their routine regularly. So Not Quite Satisfied, if your idea of good sex is getting on top of your lady, thrusting 20 or 30 times till you cum, then roll off to sleep, you'd better wake up! Great sex means trying new and exciting things.

Now Not Quite Satisfied, I'm not suggesting you let her stick a wine bottle up your ass because that's just

not safe. However, if you want to play with the sexual elite you'd better learn to step up your game and try new things.

Of course there are many more sex tips that I could recommend for you and all couples to have better sex. But, start with these and you'll have a few more scratch marks on your back side.

**Dear Sex Doc;**

I keep hearing this term BDSM. What does it stand for? Is it something I should get into?

*Kink Virgin @ SAIT*

**Dear Kink Virgin @ SAIT;**

Okay, first of all, you'd better know what you're getting into before you jump genitals first into it. You might find yourself in a bit of an uncomfortable predicament.

BDSM stands for Bondage Discipline SadoMasochism. Bondage deals with tying someone up. Ropes, chains, and leather straps are common materials used to fasten someone up to the bedpost.

Discipline is when bed buddies play power games with one another. Kink Virgin, you might also hear this called dominance and submission. The sub 'bottom' submits to the commands of the dom 'top.'

SadoMasochism or what you might know as S & M (Sadism & Masochism) involves strong physical sensations from the sadist to the masochist. A sadist likes to inflict pain on another playmate. Lucky for them, masochists like being inflicted with pain.

And Kink Virgin, BDSM is not really about sex at all. In fact, most people who engage in power play don't have sex while they're in their role. It's really about an exchange of power.

But not everyone who delves into the BDSM world is hardcore. Kink Virgin, if you've ever playfully slapped your lover's butt, you may be considered a rookie power play artist.

Now Kink Virgin, you might be thinking 'holy crap, I'm glad I asked before I found myself bound and gagged in a cage being whipped by some leather daddy.' But, light BDSM play is not as uncommon as you might think. Many people enjoy the erotic sensations brought on by feathers, whips, and paddles.

It's cool if you want to explore these tingly feelings. But, it's your choice. And, if you do go down BDSM lane, it's best to start light with a little spanking or tie up action.

Dr. Brian Parker is a clinical sexologist and sex educator and the co-creator of two sexual intimacy board games "Embrace" and "Pillow Talk."



The games are available on his website, [www.foreverpleasure.com](http://www.foreverpleasure.com) which features original erotic art, high-end sensual products and adult sex education.

This column is made possible by the

generous support of O'My Natural Lubricants. If you have a sexual question you want answered in the 'Ask the Sex Doc' column please email [drbrian@foreverpleasure.com](mailto:drbrian@foreverpleasure.com) and watch for his response in this paper.

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# “A simple moment of clarity”

Mary Kastle conjures haunting melodies

**Mary Kastle**  
*Fresh Air*  
Independent

**By Len Catling**  
Link Staff

In a Ritalin-choked music world laden with egos, tabloid fodder and stretched Hummer limousines it's refreshing to find a simple moment of clarity. It takes about three bars on the debut CD [Fresh Air] by Montreal born Mary Kastle to achieve this moment, and to realize that some people were born to sing.

The production on [Fresh Air] is sparse, but it rarely matters, as Kastle flows through the high octaves like a tranquil stream and conjures haunting melodies from the keys of her piano. The six song disc, which Kastle herself admits is just a small leg of her musical journey, may not be an arrival, but is certainly a beacon letting people know her notoriety is imminent.

I spoke with Kastle, via phone, from Kelowna where she is starting a tour that will see her perform eighteen times in the next month and take her to venues in five provinces.

“I love being on the road,” says Kastle, “it gives me a chance to not worry about the little things in life. I just get to play music, and take care of my responsibilities as an artist.”

If her hectic schedule would seem overwhelming, Kastle does not travel with a band -only her piano, you will not hear any signs of burden in her voice. After all, barely a year ago she was playing covers and show tunes on a cruise ship. This experience might disconnect some artists from their path, but Kastle took playing daily for “a lot of ‘baby boomers’” as a chance to “get into the headspace of different artists” like Billy Joel and Elton John. It also led her to meet John Mulrenan who produced the title track on [Fresh Air].

“John was good source of positive reinforcement,” says Kastle, “we recorded [Fresh Air] in one take and he wouldn't let me listen to it afterwards. It showed that he believed in my abilities.”

The one take approach worked, as [Fresh Air] is definitely an emotional piece of sound. From its opening piano notes to its rousing vocal chorus the song makes me want to call my ex-girlfriend and apologize for random misgivings. The opening track “The Moments We Lost” is like a martini



in some gin joint where everyone is sweating through their formal outfits. Track two, aptly named “Bell,” is the most intriguing piece on the album. The piano seems to be bi-polar (in a good way) drifting from near silence into climaxing notes, mixed with vocals ranging from whisper to full singing. The true gem on the album is song five “Perfect All the Time.” If there were a song to crossover into new audiences for Kastle, this would be it. It is part Tori Amos with a pinch of Eryka Badu, causing immediate head bops and “Night at the Roxbury” neck spasms. The vocal harmonies mixed with some competent drum and bass work gives this track a very contemporary feel. The song shows the potential of Kastle's music when she has a rhythm section riding shotgun on a record, which is my only grievance with [Fresh Air].

The rhythm section falls short on tracks that require drums or bass to accentuate the vocals and piano. This being said, talent like Kastle's only remains without band mates for so long. I highly recommend [Fresh Air] to jazz enthusiasts and metal headed punks, like me, who want to impress people by showing a sophisticated and sensitive side of their pallet.

The disc is available on CD Baby or iTunes. As well look for Mary Kastle's full length debut to be released sometime in 2008, updates and concert dates are available at [www.marykastle.com](http://www.marykastle.com).

## Campus Query

Where your opinion matters

The Link asked:

“If you were President of BCIT for a day, what would you do?”

**By Len Catling**  
and  
**Marlon Francescini**  
Link Staff



**Emma E. Animation,**  
1st Year

“I would get all the students together and listen to their problems.”

**Karen H. Broadcast Journalism,**  
1st Year

“I would give free parking to everyone, anywhere.”



**Amandeep S. Computer Systems,**  
1 Year Program

“I'd use all the projectors that are open to us and play all the movies all day long and popcorn.”

**Jennifer L. and Cindy T. HR Management,**  
1st Year

“I would have a golf cart, to get around to my classes; I'd have all As in all of my classes - 100% in all classes, and a pedicure and foot massage as I sit in my office.”



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# Barry Bonds: Home run hero or drugged out villain?

Len and Shane square off on the San Francisco Giant

**"You're talking about something that wasn't even illegal at the time. All this stuff about supplements, protein shakes, whatever. Man, it's not like this is the Olympics."**

**-Barry Bonds**

Hero  
By Len Catling  
Link Staff

I'll come right out and say it despite the potential blow to my career in journalism - I like Barry Bonds. He is the greatest positional baseball player of the modern era. His seven MVP awards will never be duplicated. Bonds will go down in history as the most feared offensive force since both Babe Ruth and Lou Gehrig batted for the New York Yankees in the nineteen twenties.

His statistics are nothing short of astonishing. But let's make some issues "Clear" or, get to "The Cream" of the matter. Bonds is an unapproachable, brooding narcissist. He is a maddened villain, roaming Major League ballparks, ravaging opposing pitching staffs. The two time batting champion is disliked by the media, the feds, his ex-wife, and the cognac swilling baseball establishment. If one were to solicit an approval rating of Bonds in his locker room you would receive the same reaction Mark McGwire offered when solicited by the U.S. Congress. Mark McGwire refused to speak.

The statements of over two hundred people detailing Bond's drug regimen reads like the pharmaceutical allowance of the WWE medical plan. The only debate of steroid use is between Bonds himself and the sportswriters who've made careers of badgering him into "roid rage." Few are naïve enough to contend that the eight time Rawling's Gold Glove™ winner gained forty-five pounds of pure muscle with protein shakes and gym work.

Even fewer could deny that Barry Bonds is the ideal prototype of modern society. He is a shrine to the human condition that applauds and lauds his actions on the field. We all want to be bigger, faster, stronger, and to win at any cost.

We set the people who entertain

and lead us to even higher expectations. Whether it's politics, business, or sports the only option is winning and one wins by taking every advantage allowed, whatever is legal within the rules of the game. Society is conditioned to think this way. This mindset fuels the status quo and is the reason we are studying in this Mecca of career competition known as B.C.I.T.

When sports become business the money and politics involved filter this neo-competitive attitude into a once innocent pastime. Power corrupts, opposite field power corrupts absolutely. I bet Karl Rove and Barry would get along great.

Major League Baseball did not see fit to test for performance enhancing drugs before the early part of the current millennium. The great home run chase of 1998 was perfectly riveting in its legality. League officials balked at signs the two-headed drugstore of McGwire and Sammy Sosa had more muscle mass in their jaws than most people have in their quadriceps. The assault on Roger Maris's single season home run record was milked like a steroid induced dairy cow. (Yeah that's right, unless you're an organic vegan you're juiced up too).

It took a "whistleblower" like Jose Canseco, who will probably be the first gold medalist at the all-drug Olympics, to pop the top off the Stanazolol bottle and deliver public opinion to the witch-hunt mentality it now forms.

Media outlets should let Barry Bonds be. After all, the media created him. They wanted excitement. They wanted home runs. Chicks dig the long ball. The masses create the game; the players with the greatest talent transcend it. Some players become the best at hitting a baseball, while some players just become the biggest and the fastest. Some players even beat the rulebook in the race to the record book.

Don't hate the player, hate the game. Swing away Barry...I enjoy watching you play.

**"Everyone in society should be a role model, not only for their own self-respect, but for respect from others."**

**-Barry Bonds**

Villain  
By Shane Woodford  
Link Staff

Let me "inject" some blunt personal truth into the Barry Bonds issue. He cheated. Sure it's unproven but looking at Barry now and then looking at Barry when he played for the Pirates and you have the same similarity Michael Jackson gets flipping through old album covers.

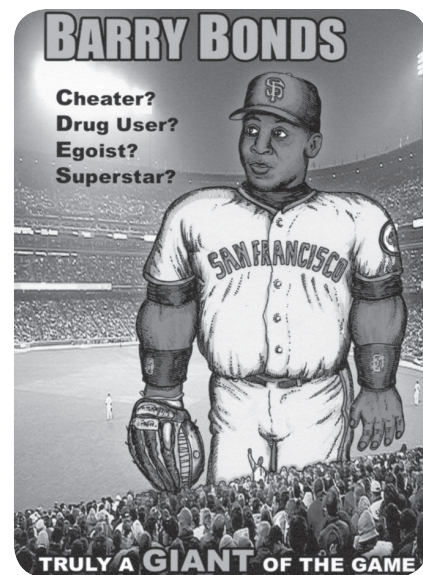
You don't have to be a rocket scientist to count how many times a pro athlete puts on 45 pounds of muscle and sets career highlights and breaks records while he is in his 40's, in any sport in history, not to realize something is up. So while Barry lies to himself, lies to the public, lies to a grand jury, he disgraces his own career and Major League Baseball as a whole.

Growing up I looked up to athletes like Michael Jordan, Larry Bird, Wayne Gretzky, and Trevor Linden. Not only were they fierce competitors but also ambassadors of the games they loved, pouring as much effort into charities and community as they did in to competition. History will remember these men not just for what they accomplished but also for what they helped build in the sport, in the city and in the community.

History will remember Barry Bonds for being an athlete that chose to cheat and in so doing threw his name in among the Black Sox and Pete Rose in baseball infamy. Sure everybody else was doing it but is that really an excuse when you're older than 12?

Sadly Barry will probably never realize how much of a true hero and baseball legend he might have become if he had stood up and fought the good fight. Imagine for a second how the future of baseball would have been affected if a player of his stature had said "no" and then called out the cheaters. Yes maybe he would have sacrificed a few more records but he would have achieved so much more in building baseball and sending the right message as a clean athlete. Now that would have been a legacy that would have endured the test of time!

Instead Barry Bonds risked his reputation, the health of his very body, the respect of his peers, the love of base-



*"Giant of the Game"*  
- Jeff Baillie

ball fans, just to break a few records and literally steal a few more moments of basking in the spotlight.

Let's put this in context - Barry Bonds allegedly used protein shakes, amphetamines, THG (a designer steroid), stanozolol, Winstrol, Deca-Durabolin, human growth hormone, modafinil, norbolethone, Clomid - all of this to chase Babe Ruth, a man who went through hamburgers almost as fast as he did alcohol and wives. Bonds also broke Hank Aaron's long thought "unbeatable" record. Aaron, an phenomenal athlete who fought his way through racial segregation to become not only a legend and a baseball superstar but a role model for legions of African American athletes, had a career to be truly proud of. While neither of these two legends ever touched, let alone knew, what steroids were, does that mean that a record can really be broken when it's beaten by a steroid built bionic man?

Baseball has long had rules against corked bats and it's sad to see a once great sport already reeling from controversies having to worry about corked players.



Canada - Russia Super Series  
Len and Shane square off on the San Francisco Giant

By Shane Woodford  
Link Staff

Canadians' love of Hockey is sometimes referred to by others as being almost religious in nature. So maybe it was fitting that on this Sunday, dressed in my best Team Canada gear, I headed off to worship.

I arrive and head inside to find myself a nice line-up to get a couple of cold beers. As I stand in a long line, waiting to pay \$15 for a couple of pops, I idly wonder if anyone else realizes the irony of this situation. The beer I'm about to procure is, in both in price and procedure, pretty similar to Communist era Russia.

The crowd is decked out in every bit of hockey memorabilia they can lay their hands on. I see shirts from at least four different Canadian NHL teams. I shuffle along the micro ledge that the seat designers have afforded us for foot travel. Sitting down, once at your seat, is no small trick for any hockey fan. Overburdened with various paraphernalia, including two expensive beers, one must sit using an approach tighter than most pilots at YVR. Team Canada takes to the ice with a big cheer and we stand for the national anthems.

Kyle Turriss gets a big reaction from the crowd as he is announced to start the game for Canada. The puck drops and game #8 of the Super Series is underway.

An undisciplined Ruskie play begins a game-long parade to the sin bin for Russia. Canada's power play dominates, penning the Russians in their own end. The first period reads like a man-advantage shooting gallery with Canada unrelenting in their attack. If not for the Hasek like acrobatics from Russian goalie Sergei Bobrovsky this game would have been over early. During the break in play the sale date of the new Canucks uniforms is announced, oddly they don't mention price. First period comes to a close with Team Canada out-shooting Team Russia 14 - 11.

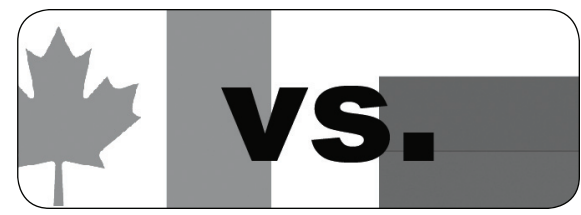
I venture from my seat braving the human zoo of the concourse to get another pair of \$15 beers. The beer vendor informs me that there is a limit of two beers per person to keep the rowdiness down. I consider asking him if maybe it's paying \$7.50 a beer that makes people a little testy but opt not to.

Back in my seat as the GM place DJ seems to be running the whole show of his K-Tel Glam Rock CD. The second period starts up and 35 seconds in surprisingly Canada is on the power play again. The game begins to get choppy as a clearly frustrated Russian squad throws sportsmanship into the garbage along with freedom of the press and Glasnost.

Brandon Sutter gets a nasty stick to the face by Pavel Doronin resulting in a 4 minute minor. Sutter gets payback as he fires a wicked point shot passed a sprawled Russian goaltender and SCORES! The crowd goes crazy leaping to their feet with a massive roar. Period ends 3-0 with the Russians throwing more lumber around than the wind storm did last year in Stanley Park.

During second intermission some, genius marketing major had opted to give away an old-style Naslund jersey, instead of the new-style "hybrid" jersey fresh off a media unveiling.

The third period was marked by a wicked brawl and three more goals that had the crowd rocking. Game ends with Canada clearly taking the game 6-1 and the series 7-0-1. Kyle Turriss was awarded



best Canadian player of the game. Goalie Sergei Bobrovsky won Russian player of the game. This makes sense as he was the only one playing on the Russian team and not involved in anything cheap.

The positives for Russia tonight are the play of their goalie and the play of Rosobornexport - he was ALL over the ice. A victorious Canadian team made us all proud to wave the flag. Hockey fans can now move their focus to the NHL after a wonderful Super Series victory here in Vancouver.

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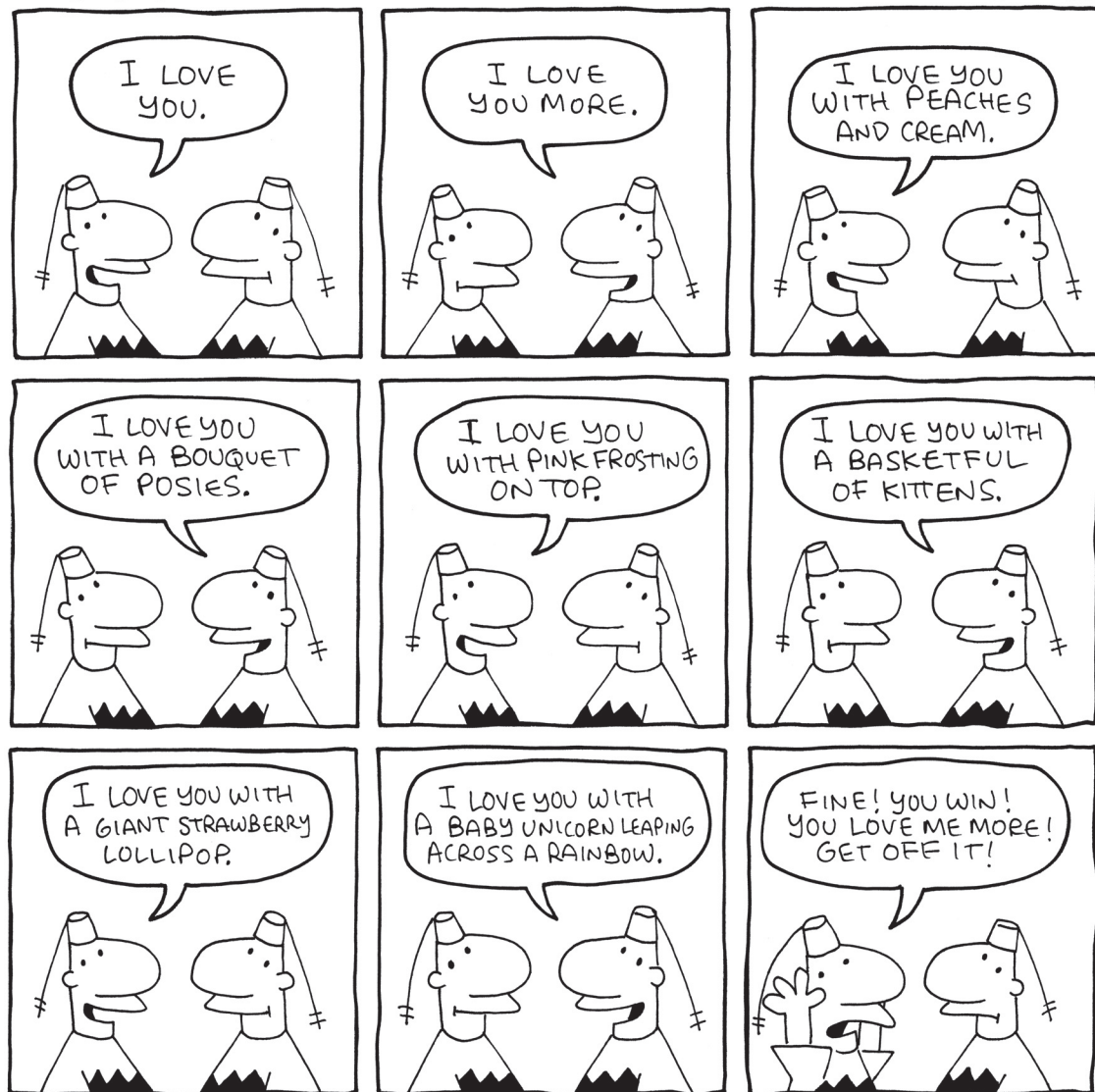
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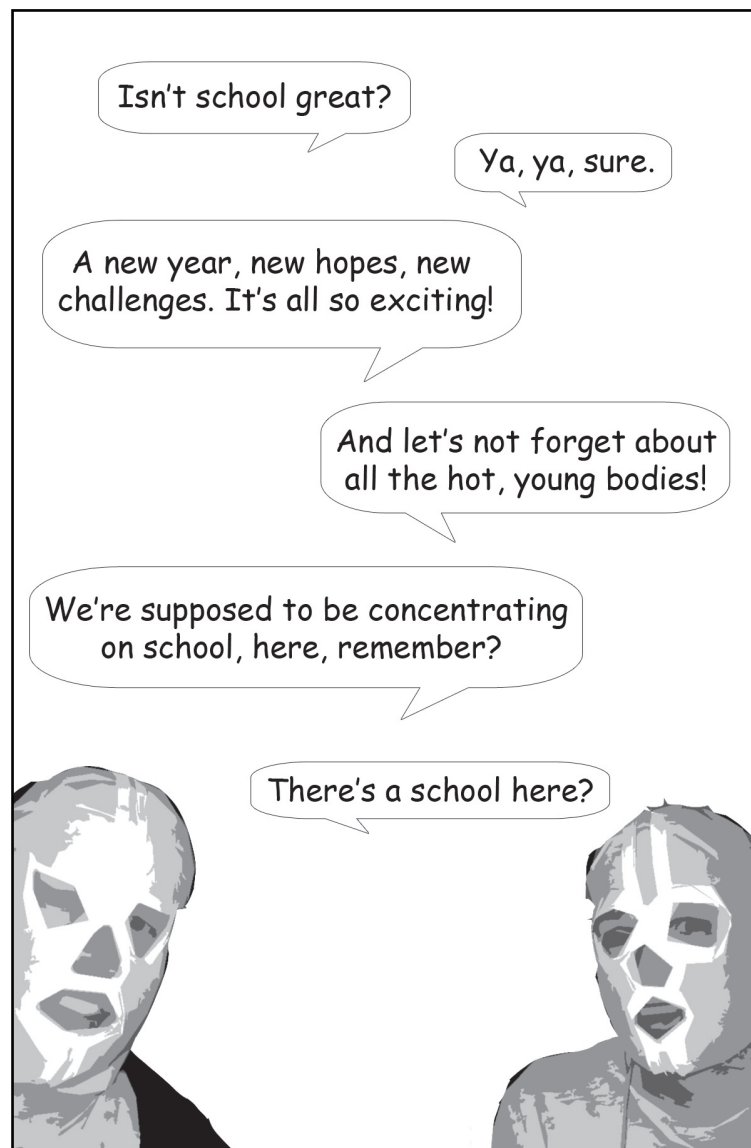
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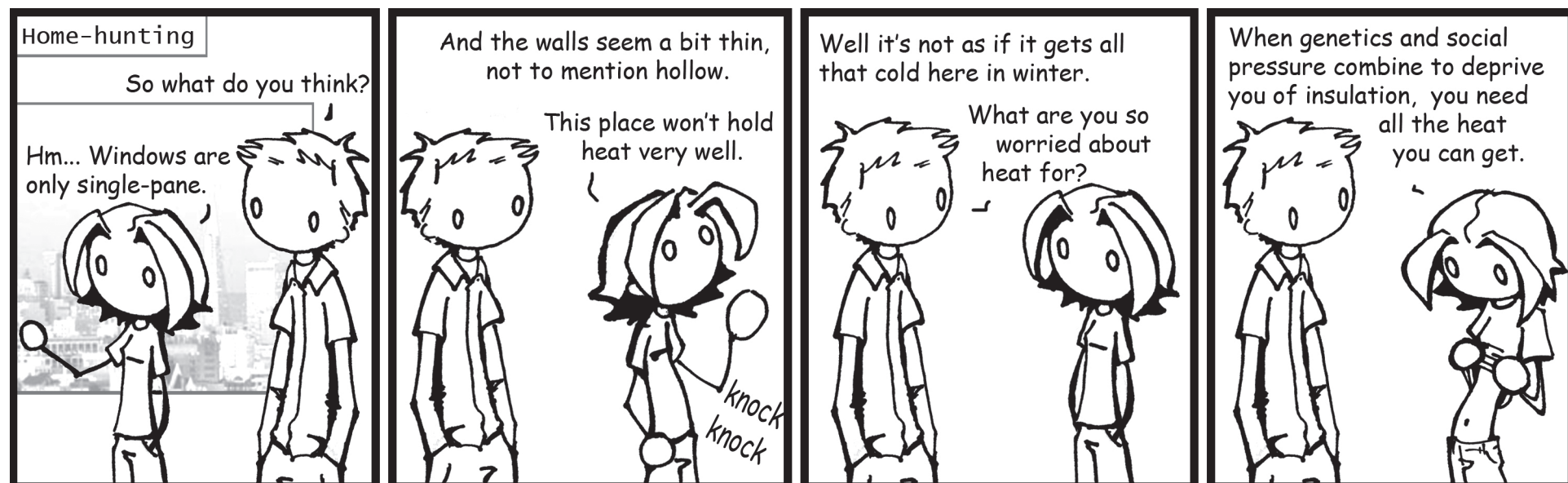
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By Richard Handler - Link Staff



Sketchy Comic #1

By Melanie Friesen  
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Please send classifieds to the Link office at fax: 604.431.7619, [adsales@bcitsa.ca](mailto:adsales@bcitsa.ca) or slide them under our door at SE2 room 281, right next to the SA Council Chambers.

**Become a Big Sister. Become a Study Buddy tutor. Become a friend!** Big Sisters of BC Lower Mainland is looking for female volunteers (age 19+) who are interested in mentoring a young girl in their community. Contact Big Sisters at 604-873-4525 ext. 300 or [info@bigsisters.bc.ca](mailto:info@bigsisters.bc.ca) to find out more about mentoring! [www.bigsisters.bc.ca](http://www.bigsisters.bc.ca).

Volunteer Activity Worker needed for Willingdon Park Hospital. Working with seniors that have different cognitive functioning levels, be successful in recreation programs. Helping prepare programs such as: crafts, baking, church services, special events, visiting Residents: laughing, listening, and sharing stories, comforting them. Assisting small or large groups in activities such as: Bingo, board games, card games, knitting, karaoke, and bowling. Requirements: TB skin test at any TB Clinic, criminal record background check. Duration: minimum 3 months. (604) 433-2455.

Vancouver Rape Relief and Women's Shelter is looking for 30 Rape crisis and transition house workers. Suitable for women 19 years and older, 6 weeks training, volunteer training runs on Tuesday nights 6:30-9:30. No skills and experience necessary, but excellent written and verbal grasp of English language is essential. Benefits to volunteer: get to hang out with a great bunch of women, be part of the women's

movement and actually acquire skills and knowledge that can be applied elsewhere. Visit [www.rapereliefshelter.bc.ca](http://www.rapereliefshelter.bc.ca) for more information.

Coast Mental Health is seeking Life-Skills 1-1 volunteer Workers for Various sites in Vancouver. Work one to one with a client, facilitating their reintegration to their community. These are clients in an independent living situation, who may experience social isolation and have a desire to reconnect. Requirements: Patience, understanding and caring. Some understanding or experience with mental illness is helpful with some clients. Duration: 6 months. Email: [valm@coastfoundation.com](mailto:valm@coastfoundation.com) or call 604-675-2313.

1990 Acura Integra GS, in great shape inside and out, just over 217,000 km for sale. Timing belt has recently been changed along with the water pump. 2 door hatchback, 5 speed manual, 1.8L DOHC engine, power windows, mirrors and sunroof, cruise control. \$3500 O.B.O. Call Phil at 604.788.6184 to view. 8 minutes walk from BCIT.

**First year text books for sale:**  
 Canadian organizational behavior – ORGB 1100  
 Intro to marketing – MKTG 1102  
 Micro economics – ECON 2100  
 Business communications – COMM 1100 & 2200  
 Statistics for business and economics – OPMT 1130  
 Management – BUSA 2100

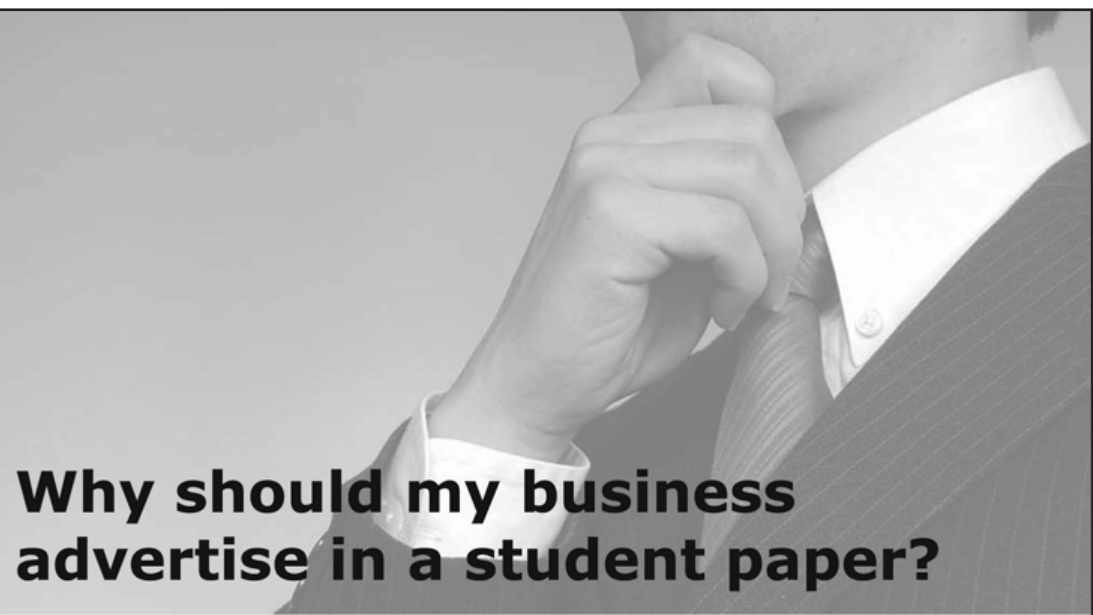
**Sept. 14  
 Peer Tutoring Interviews**  
 If you are interested in applying to be a peer tutor, inquire at the uconnect office.

**Sept. 17  
 Imagnus Poster Sale.** Get all kinds of posters of your interest.

**Sept. 18  
 Last Day to order the harvest box.**

**Sept. 19  
 Shinerama BBQ breakfast and car wash.**

**Sept. 26  
 Shinerama & the amazing race & golf tournament.**



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- \* 86% of all university students read their campus newspaper.
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- \* Students like to spend money, in fact the average student has over \$200 per month in disposable income.
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- \* Student papers are smaller than dailies, meaning your advertisement has to compete with fewer competitors per issue.
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### Little Known Facts:

- \* 91% of students like to try something new and different.
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Statistical information derived from the Print Measurement Bureau and Canadian Campus Marketing Research (2000)

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BCIT STUDENT ASSOCIATION

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bands, 12 long hours outdoors with thousands of misbehaving students, 2 tasty beverages, 1 UBC Thunderbird Stadium tickets? Details at Professor Mugs Pub & Grill in SE 2 (must be 19 years or older).

BAR FRIDGE GIVE AWAY  
 Yup, baby. We have a new Artois beer fridge, with racks and glasses for you. Well, not you. The guy next to you. No, one over you. Details at Professor Mugs Pub & Grill in SE 2 for details. (Must be 19 years and over).

Tax Services  
 Have you ever wondered whether you are fully aware of all the tax credits? There have been many changes made to the tax legislation in 2006. You may not be aware of. Let us help you manage your returns and get what you deserve. Call now: 604.808.3979/604.626.6043. Tax services

Hey Soccer fans, Video Games for PC: FIFA 2002, FIFA 2003, FIFA 2004, and EURO 2004 from BCITSA are available at negotiable prices. Call Christian at 604-432-4207

Do you have a business, an event or anything you would like to promote to the student and staff population of BCIT? If you do and you want to have a measurable R.O.I, then you need to advertise in the Link student newspaper that relates to students and staff at all eight BCIT campuses. Contact the Ad sales representative for ads at 604.432.8974.

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continued from page 7

tial hazards while trying to ensure the safety of this journalist who he needs answers from. And there are scenes like that throughout the whole film.

Landy tries to help Bourne stay one step ahead throughout the movie without sacrificing herself, and she pulls it off for the most part. The stunts are good and creative, and Matt Damon successfully makes me think he could kick my ass blindfolded with one arm tied behind his back. The story is believable enough to work, and the acting is solid all-around. It was thoroughly enjoyable from start to finish.

**Superbad**  
**8.5/10**

Unlike the title of this movie, it was in fact supergood. The movie centers around three characters, the dynamic friendship that is Seth (Jonah Hill) and Evan (Michael Cera), and their tag-a-long friend Fogell(Christopher Mintz-Plasse).

Let me start by saying a few things. This movie is hilarious for the most part. Some crude humour, some really funny scenes, and the cops (played by Seth Rogen and Bill Hader) are just awesome. The thing is this movie has, yet again, been done before. This was one of the better incarnations, but it still follows some of the classic plotlines.

Right off the start, you find out that Seth and Evan have gotten into different universities for the upcoming year. Their normally tight friendship seems to be splintering. Then they have a fight while at a sketchy party (which includes one of the funniest scenes –Evan singing in front of the guys doing coke), and things don't look good. Their relationship is suddenly on the rocks, only to be saved when Seth finally mans up and carries their friendship out of danger, literally.

Meanwhile, Fogell has run into some trouble with his fake ID – that's right, McLovin. He's in a liquor store when it's robbed and some cops show up to investigate. Thinking Fogell is busted, Seth and Evan bail on him. The cops think McLovin has a wicked name, and they take him along with them while they also get up to no good. The guys all meet up again at their scheduled desti-

nation, a house party – the high school standard.

Through hi-jinx and hilarity we find out that Evan and Seth are truly best friends, and that there's nothing they can't overcome. This movie is funny; there are some parts in it where I was laughing really hard, like I haven't laughed in a theatre in a while. It wasn't quite as good as I'd hoped it was

going to be, but I had really high hopes for this movie. It was solid and enjoyable, but a tad predictable.



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 (604) 656-2322  
 Unit 246  
 (604) 717-1099  
 Unit 398

**Coquitlam**

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 101 - 925 West Georgia St.  
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\*Offer available until September 30, 2007, to clients who have not subscribed to TELUS High Speed Internet services in the past 90 days. Proof of student status (student number and name of post-secondary institution) required for eligibility. Offer subject to change without notice. Promotional period begins on service activation date. Following the promotional period of 12 months, billing for TELUS High Speed Enhanced Internet will start at the regular rate, but clients have the option to cancel these services or switch to other TELUS service plans at any time. Minimum system requirements apply. Final eligibility for the service will be determined by a TELUS representative at the point of installation. †Includes power and phone cables, but not wireless adapters. © 2007 TELUS.